



GROIN STRETCH (BUTTERFLY)



HAMSTRING STRETCH



CHEST STRETCH



HIP RAISE



HAMSTRING AND CALF STRETCH



ONE-ARM SIDE STRETCH



KNEE BENDER



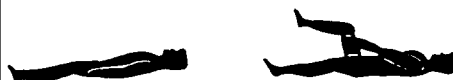
LOWER BACK STRETCH



TWO-ARM SIDE STRETCH



SIDE-STRADDLE HOP



SINGLE KNEE TO CHEST



SIDE BENDER



HIGH JUMPER



SINGLE STRAIGHT LEG RAISE



NECK STRETCH



JOGGING IN PLACE



ELONGATION STRETCH



ANKLE STRETCH



THIGH STRETCH



TURN AND BOUNCE



HIP STRETCH



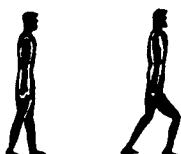
QUADS STRETCH AND BALANCE



TURN AND BEND

UPPER BODY WEIGHT TRAINING

(See FM 21-20)



CALF STRETCH



NECK AND SHOULDER STRETCH

LOWER BODY WEIGHT TRAINING

(See FM 21-20)



LONG SIT



UPPER BACK STRETCH

FOR WRITTEN DESCRIPTION

OF THESE EXERCISES

SEE FM 21-20, AUGUST 1985